

ADLENT CALENDAR

Do something different for Lent and support local families in crisis by collecting the items that we currently need, shown below on our ADLENT CALENDAR.

Thank you from Medway Foodbank



PLEASE USE HASHTAG **#ADLENTCALENDAR** TO SPREAD THE WORD

2 nd March 2022			
Long life/UHT milk 01	Powdered milk 02	Pasta and cook-in sauces 03	Washing-up liquid 04
Squash 05	Toothbrushes 06	Tinned Potatoes 07	Tinned Spaghetti 08
Sugar 500g (small packs) 09	Sponge puddings 10	Long life/UHT fruit juice 11	Evaporated milk 12
Rice Pudding (tinned) 13	Long life/UHT milk 14	Tinned meat e.g. ham, corned beef 15	Ready-made custard e.g. tinned 16
Instant mash 17	Tinned fish 18	Packet soup e.g. Cup-a-soup 19	Instant coffee 20
Gravy granules 21	Angel Delight 22	Jelly 23	Table sauces e.g. ketchup 24
Nappies – sizes 4,4+,5,5+,6,6+,7 25	Easter treats – bars of chocolate preferred to eggs 26	Bath items e.g. bubble bath 27	Toothpaste 28
Custard Powder – packets 29	Baby toiletries 30	Liquid Soap /handwash 31	Shampoo and conditioner 32
Cat food 33	Male deodorant 34	Female deodorant 35	Baby wipes 36
Cleaning/anti-bac spray 37	Pasta and cook-in sauces 38	Stock cubes 39	16 th April Squash 40

Please purchase and donate food at any of our supermarket collection points at main Asda and Tesco stores, or drop to our warehouse address. PLEASE CALL FIRST TO ARRANGE DROP OFF – 01634 757057:
Unit 26 Riverside 1
Sir Thomas Longley Road
Medway City Estate Rochester Kent ME2 4DP
WAREHOUSE & OFFICE OPENING TIMES:
Tues & Wed 9.30-3.30 Thurs 9.30-1

See <https://medway.foodbank.org.uk/give-help/donate-food/> for details of drop-off points

You can also use the Spareable app to donate food

www.medway.foodbank.org.uk
info@medway.foodbank.org.uk

01634 757057



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